



**County Executive John R. Leopold**

**Department of Aging and Disabilities**

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For Immediate Release

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### **The Future is Now! Are You Ready?**

Annapolis, MD (Nov. 1, 2010)--The Anne Arundel County Department of Aging and Disabilities will present a free workshop to help Baby Boomers prepare themselves and their parents with life experiences. "The Future Is Now! Are You Ready?" series will continue with a talk, "Right-Size Your Life." It will be held from 6:30 to 8:30 p.m. Nov. 17 at the Pascal Senior Activity Center, 125 Dorsey Road, Glen Burnie.

Susan von Suhrke, a certified relocation and transition specialist with Timely Transitions LLC, will discuss taking stock of where you are now, getting organized and asking if you own things or do they own you?

Sandy Spring Bank will provide a "Vital Records" folder to participants. The series is sponsored by Heartlands at Severna Park. While the Department is grateful for sponsors, it does not endorse any particular vendor.

Registration can be made by calling 410-AA-AGING (410-222-4464), Ext. 3094, or by going online at [www.aacounty.org/aging](http://www.aacounty.org/aging).

*- Making Life Better -*